

# Two-thirds of all deaths in North Carolina result from **chronic disease** and **injury**.

## Chronic Disease and Injury Section

North Carolina  
Division of  
Public Health

The **FIVE** leading causes of death in North Carolina:

Cancer

Heart Disease

Chronic Lung Disease

Stroke

Injury and Violence

Many of these deaths are due to preventable causes such as tobacco use, physical inactivity and poor nutrition.

The Chronic Disease and Injury Section uses effective strategies to reduce the burden of chronic disease and injury across the life span.

### In North Carolina...

	PROBLEM	RESPONSE	IMPACT
CHILDHOOD	<b>16%</b> of 10- to 17-year olds are <b>obese</b> .	Through <b>Active Routes to School</b> , we encourage physical activity by partnering with the N.C. Department of Transportation to create safe walking and biking routes to and from school.	From 2013 to 2014, the number of schools registered for <b>Walk to School Day</b> events through Active Routes to School <b>nearly doubled</b> , increasing from <b>84</b> to <b>157</b> .
	<b>27%</b> of middle and high school students are exposed to <b>secondhand smoke</b> in the home.	Through our <b>smoke-free multi-unit housing initiative</b> , we provide technical assistance to help housing management companies adopt smoke-free policies.	From 2013 to 2014, the percent of affordable housing properties that <b>went smoke-free</b> increased from <b>16.5%</b> to <b>27.9%</b> .
	Youth and young adults ages <b>10-24</b> have the highest rates of <b>self-inflicted injury</b> requiring hospitalization or a visit to an emergency department.	Through <b>It's OK 2 Ask</b> , we raise awareness about suicide prevention, and we train youth and individuals who interact with youth to recognize and respond to the warning signs of suicide.	From 2009 to 2014, we provided suicide prevention and related trainings to over <b>2,400</b> individuals, the majority of whom were <b>school staff members</b> .
	<b>9%</b> of high school students report ever having been <b>physically forced</b> to have sexual intercourse.	Through the <b>N.C. Rape Prevention and Education Program</b> , we fund local agencies to develop sexual violence prevention policies and provide training and education in their communities.	From 2012 to 2013, we provided over <b>1,800 educational sessions</b> on sexual violence prevention to nearly <b>13,000</b> students in N.C. schools.
	<b>Alcohol</b> is involved in <b>1/3</b> of fatal motor vehicle <b>crashes</b> .	Through the <b>Breath Alcohol Testing Mobile Unit Program</b> , the nation's largest program of its kind, we utilize six specialized vehicles to process impaired drivers at DWI checkpoints.	Since October 1996, the Breath Alcohol Testing Mobile Units have been used at more than <b>3,000</b> DWI checkpoints, resulting in nearly <b>16,000 arrests</b> .
ADULTHOOD	More than 6 in 10 adults are overweight or obese. <b>Excess weight</b> in adults costs over <b>\$17.6 billion</b> each year in medical costs and lost productivity.	Through <b>Eat Smart, Move More, Weigh Less</b> , we partner with NC State to offer real-time, online classes that help North Carolinians make smart choices about nutrition and physical activity.	Since 2008, over <b>14,000</b> North Carolinians have participated in the program. <b>7 out of 10</b> participants maintained weight lost during the program or lost additional weight after the program ended.
	<b>Tobacco use</b> is the leading cause of preventable death, responsible for more than <b>14,000 deaths</b> each year. For each death, 30 more people are sick or disabled.	Through <b>QuitlineNC, 1-800-QUIT-NOW</b> , we provide a free and confidential phone service staffed by expert coaches to help North Carolinians quit using tobacco.	Current funding allows us to reach <b>1%</b> of North Carolina's <b>1,540,000 tobacco users</b> .
	<b>Diabetes</b> results in <b>617,000</b> missed days of work per year among adults.	Through the <b>N.C. Diabetes Education Recognition Program</b> , we increase access to diabetes self-management education and training.	Since 2006, more than <b>7,000</b> people with diabetes have been educated and trained in <b>48 counties</b> .
	<b>4 in 10</b> North Carolinians will develop <b>cancer</b> during their lifetime.	Through the <b>N.C. Comprehensive Cancer Control Plan</b> , we address prevention, early detection, care and treatment. Through the <b>Breast and Cervical Cancer Control Program</b> , we screen low-income women ages 40-64 for breast and cervical cancer.	From July 2013 through June 2014, more than <b>13,000</b> women received breast and cervical screenings at <b>93 local health agencies</b> .
	<b>Heart disease and stroke</b> are responsible for <b>1 out of every 7</b> hospital admissions, accounting for over <b>\$5 billion</b> in hospital charges each year.	Through <b>N.C. WISEWOMAN</b> , we offer screenings and counseling to improve cardiovascular health. Through the <b>N.C. Stroke Care Collaborative</b> , we improve the quality of acute stroke care.	In 2012, <b>over 22,000</b> individuals with stroke were treated in hospitals participating in the N.C. Stroke Care Collaborative program. This accounted for <b>75% of all stroke admissions</b> .

[www.publichealth.nc.gov/chronicdiseaseandinjury](http://www.publichealth.nc.gov/chronicdiseaseandinjury)

References available upon request.